SOME ACTS

FOR

MENTAL PRAYER

SOME ACTS BEFORE MENTAL PRAYER

IN the Name of the Father, and of the ✠ Son, and of the Holy Ghost. Amen.

GOD'S PRESENCE. O my God, I come now into Thy Presence to make my prayer. Out of the depth of my own nothingness, my many sins and numberless negligences, I adore Thee, my God, Father, Son, and Holy Ghost, my Creator, Redeemer, and Sanctifier.

PENITENCE. Heal my soul, O Lord, for I have sinned against Thee.

HOPE. And now, my God, I hope in Thee for pardon of my sins, for grace to amend, for a holy and peaceful death, a merciful judgment, and a joyful resurrection with all Thy saints. O Lord, in Thee have I trusted; let me never be confounded.

LOVE. My God, I desire to love Thee with all my heart and above all else, because Thou art infinitely worthy of all love, my chief and only good; and for Thy sake I would love my brethren as Thou hast loved me. Take from me all that hinders love: all selfishness, self-centeredness, pride, impurity, worldliness, and then pour Thy love into my heart. O that I may yet love Thee with all the love I might have had if I had not so sinned against Thee!

OBLATION. And now, my God, I offer myself to Thee in my prayer to spend this time as Thou willest and knowest to be best for me, whether in dryness or in consolation.

FOR GRACE. Help me to put away all vain, evil and wandering thoughts; enlighten my understanding; kindle my affections; teach me to pray, and may Thy Holy Spirit pray within me.

VENI CREATOR

AFFECTIONS

The following short Acts of Devotion are given to help those who may feel the need of them in Meditation.

THY Wisdom, O Jesus, direct me in all my ways.

Thy Light, O Jesus, shine down upon me from above.

The Love of Thy Sacred Heart, O Jesus, kindle me with the Divine Fire of Thy Love.

Thy Blood, O Jesus, cleanse me.

Thy Grace, O Jesus, strengthen me.

Thy Zeal, O Jesus, animate me.

Thy Prudence, O Jesus, govern me.

Thine Obedience, O Jesus, be my guide.

By the merits of Thy sufferings, O Jesus, unite me to Thee in holy abstinence.

From all inordinate desires, deliver me, O Jesus.

By that pure Heart of Thine, consume in me all that is contrary to Thy love.

Jesus most merciful, grant me the grace of final perseverance.

By the poverty of Thy Life on earth, O Jesus, sanctify mine.

By Thy privations, O Jesus, encourage me to bear my own.

O Jesus, grant me grace to be truly poor in spirit.

Thy diligence, O Jesus, make up for what is wanting in my life.

O Jesus, by Thy constant labour, repair the time which I have lost.

Thy love, O Jesus, detach me from all that is contrary to Thy will.

RESOLUTIONS

The following are given as a possible help and guide for Resolutions in Meditation. Any one of them may be taken at the conclusion of the Meditation, if God's Holy Spirit or our own efforts do not suggest some special Resolution arising out of the material upon which we have been meditating:

TO conduct myself modestly in all I do, or say.
Never to contend much, especially in matters of little moment.
Not to blame anyone, without judgment and humility.
Not to excuse myself, except for very good reasons.
Not to mention anything about myself deserving praise, except with the hope that it may do good.
To speak with humility about myself, remembering that all my gifts come from the hand of God.
Never to exaggerate anything.
To do everything as if I were really in the presence of our Lord.
Never to hear or speak ill of anyone, except myself.
To take no notice of defects in others, but only of their virtues.
To make frequent oblation of myself to God, body, soul and spirit.
To shun singularity as much as possible.
To disengage my heart from every object, to seek and find God the better.
Not to be curious or ask questions about things which do not concern me.
To make frequent acts of love to God.
To be gentle to all, to myself severe.
To aim diligently at perfection in all things.

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